

Techno-293 pre-Worlds camps



Plan of the camps will cover:

- racing area recognition,
- experienced coach with motor boat,
- 2 sessions daily,
- daily video analysis of your sailing,
- video CD at the end of the camp,
- Individual focusing on your own sailing goals,
- trimming, technique, tactic issues, physical preparation.

Booking: info@grabowskisport.pl
mob. +48 503 337 559

www.grabowskisport.pl

Venue: **Sopot, Poland**

Dates: **15 -18 July and 22-25 July**

Options: **4 or 8 days of trainings**

Price: **79 Euro per day of training per person.**

Group: **Limited to 10 sailors.**

Coach: **Pawel Hlavaty (Top coach with Techno international experience)**



Grabowski
Sport Management